

**AUGUST 2024**

325 NW Dogwood Avenue  
Redmond, Oregon 97756



(541)548-6325  
[www.RedmondSeniors.org](http://www.RedmondSeniors.org)

# SENIOR MOMENTS NEWSLETTER

## Embracing Self-Care A Path to Better Health and Well-being

By James Morris

**I**n today's fast-paced world, the importance of self-care cannot be overstated, especially for seniors. The World Health Organization's (WHO) 2022 guidelines on self-care interventions for health and well-being emphasize the vital role self-care plays in promoting health, preventing disease, and managing existing conditions. At the Redmond Senior Center, we are dedicated to helping our community adopt effective self-care practices to enhance quality of life.



### Understanding Self-Care

Self-care involves actions individuals take to maintain their health, manage minor ailments, and prevent diseases. It includes everything from proper nutrition and regular exercise to managing stress and monitoring health conditions like blood pressure and blood sugar levels. These interventions can be done independently or with minimal support from healthcare providers.

### Key Areas of Self-Care

#### 1. Nutrition and Physical Activity:

- *Balanced Diet:* Incorporate a variety of fruits, vegetables, whole

### In this issue...

- 4 Updates & News**
- 6 Sponsors**
- 7 Events & Activities**
- 8 Calendar**
- 9 Programs & Services**
- 11 Membership & Support**

**AUGUST  
is  
SELF CARE  
AWARENESS  
MONTH**



# Types of Self Care

## Physical Self Care:

- **Exercise:** Engaging in regular physical activity to maintain health and fitness.
- **Nutrition:** Eating a balanced diet to fuel the body and support overall well-being.
- **Sleep:** Ensuring adequate and restful sleep for physical and mental rejuvenation.

## Mental Self Care:

- **Stress Management:** Implementing techniques to manage and reduce stress levels.
- **Mindfulness:** Practicing mindfulness to stay present and enhance mental clarity.
- **Mental Breaks:** Taking breaks to rest and recharge the mind.

## Emotional Self Care:

- **Journaling:** Writing down thoughts and feelings to process emotions.
- **Expressing Emotions:** Openly sharing and expressing emotions in healthy ways.
- **Seeking Support:** Reaching out for emotional support from friends, family, or professionals.

## Social Self Care:

- **Building Relationships:** Nurturing and maintaining meaningful connections with others.
- **Social Activities:** Participating in social activities to foster a sense of belonging.
- **Community Involvement:** Engaging in community activities to build a support network.

## Spiritual Self Care:

- **Meditation:** Practicing meditation to connect with inner peace and spiritual well-being.
- **Spiritual Practices:** Engaging in practices that align with personal spiritual beliefs.
- **Nature:** Spending time in nature to rejuvenate the spirit and find tranquility.

grains, and lean proteins into your meals. Proper nutrition supports overall health and can help manage conditions like diabetes and hypertension.

- **Exercise:** Engage in regular physical activity tailored to your ability level. Activities such as walking, swimming, or yoga can improve cardiovascular health, strength, and flexibility.

## 2. Health Monitoring:

- **Blood Pressure and Blood Sugar:** Regularly monitor these vital signs to manage and prevent complications from hypertension and diabetes. Home monitoring devices are readily available and easy to use.
- **Medication Management:** Keep track of your medications, understand their purposes, and adhere to your prescribed regimen. Tools like pill organizers can help ensure you take your medications correctly.

## 3. Mental Health:

- **Stress Management:** Practices such as meditation, deep breathing exercises, and mindfulness can significantly reduce stress and improve mental well-being.
- **Social Connections:** Maintain and build social connections. Engaging with family, friends, or participating in community activities can reduce feelings of loneliness and depression.

## 4. Preventive Measures:

- **Vaccinations and Screenings:** Stay up-to-date with vaccinations such as the flu shot and attend regular health screenings to detect potential issues early.
- **Hygiene Practices:** Regular handwashing, maintaining personal hygiene, and proper dental care are fundamental to preventing infections and diseases.

## Creating a Supportive Environment

A safe and supportive environment is crucial for effective self-care. This includes having access to reliable health information, supportive community resources, and a stigma-free space to seek help when needed. At the Redmond Senior Center, we strive to provide resources and programs that support your self-care journey.

## Programs and Resources at the Redmond Senior Center

1. **Fitness Classes:** Join our weekly yoga and aerobics classes designed for all fitness levels.
2. **Nutrition Workshops:** Learn about healthy eating and cooking tips from our nutrition experts.
3. **Health Monitoring Clinics:** Get your blood pressure and blood sugar checked regularly at our on-site clinics.





4. **Mental Health Support:** Participate in our mindfulness sessions and support groups to enhance your mental well-being.
5. **Educational Seminars:** Attend our monthly seminars on various health topics, including managing chronic diseases and preventive care.

## Conclusion

By embracing self-care, you take an active role in maintaining your health and well-being. The Redmond Senior Center is here to support you with resources, programs, and a community that cares. Let's work together to make self-care a central part of our lives and enjoy a healthier, happier future.

For more information about our programs and how to get involved, visit our website or contact us at (541) 548-6325.

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Stay healthy and take care!  
Redmond Senior Center Team

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*This article is based on the WHO guideline on self-care interventions for health and well-being, 2022 revision.*

# SELF CARE RESOURCES

## Local Resources for Self Care Awareness

1. **Redmond Senior Center** - Offers various self-care workshops and wellness programs for seniors.
  - Website: [redmondseniorcenter.org](http://redmondseniorcenter.org)
  - Phone: (541) 548-6325
2. **Deschutes County Health Services** - Provides mental health and wellness services, including self-care resources and support groups.
  - Website: [www.deschutes.org/health](http://www.deschutes.org/health)
  - Phone: (541) 322-7500
3. **St. Charles Health System** - Offers health education, wellness programs, and resources for self-care.
  - Website: [www.stcharleshealthcare.org](http://www.stcharleshealthcare.org)
  - Phone: (541) 382-4321
4. **High Desert Wellness Center** - Provides holistic wellness services, including yoga, meditation, and nutrition counseling.
  - Website: [www.highdesertwellnesscenter.com](http://www.highdesertwellnesscenter.com)
  - Phone: (541) 389-0200
5. **Central Oregon Community College (COCC) Continuing Education** - Offers classes and workshops on self-care, stress management, and wellness.
  - Website: [www.cocc.edu/departments/continuing-ed/](http://www.cocc.edu/departments/continuing-ed/)
  - Phone: (541) 383-7270



## National Resources for Self Care Awareness

1. **National Institute of Mental Health (NIMH)** - Provides information and resources on mental health and self-care practices.
  - Website: [www.nimh.nih.gov](http://www.nimh.nih.gov)
2. **Mental Health America (MHA)** - Offers resources, tools, and screening tests for mental health and self-care.
  - Website: [www.mhanational.org](http://www.mhanational.org)
  - Phone: (703) 684-7722
3. **American Psychological Association (APA)** - Provides articles, tips, and resources on self-care and mental health.
  - Website: [www.apa.org](http://www.apa.org)
4. **Substance Abuse and Mental Health Services Administration (SAMHSA)** - Offers resources and support for mental health and self-care.
  - Website: [www.samhsa.gov](http://www.samhsa.gov)
  - Phone: 1-800-662-HELP (4357)
5. **National Alliance on Mental Illness (NAMI)** - Provides information, resources, and support groups focused on mental health and self-care.
  - Website: [www.nami.org](http://www.nami.org)
  - Phone: 1-800-950-NAMI (6264)
6. **Mayo Clinic** - Offers comprehensive guides and articles on self-care and wellness practices.
  - Website: [www.mayoclinic.org](http://www.mayoclinic.org)
7. **Centers for Disease Control and Prevention (CDC)** - Provides guidelines and resources for mental health and self-care during stressful times.
  - Website: [www.cdc.gov](http://www.cdc.gov)

These resources offer a variety of services and information to help individuals improve their self-care practices and overall well-being.

# UPDATES & NEWS

## KNOW YOUR STAFF

Lahna Avery - Volunteer Coordinator  
Janean Baird - Office Manager / MoW Coordinator  
Angela Boock - Activities Coordinator  
Randy Graves - Director of Operations  
James Morris - Marketing Coordinator  
Jose Perez - Chef

## BOARD OF DIRECTORS

Diana Barker  
Joelle Blanchard  
Earl Fisher  
Ron Hagen  
Sharon Lanier  
Tom McEnneany  
Paul Rodby  
Jo Anne Sutherland  
Steve Wilson

## Celebrating Culinary Passion and Community Chef Jose Perez at the Redmond Senior Center

By James Morris

Jose Perez's culinary journey began in Havana, Cuba, where he was inspired by the home-cooked meals of his father, a talented cook despite having no formal culinary training. This inspiration led him to pursue a career in cooking, culminating in his graduation from the International Culinary School in Havana. Since moving to the United States in 2002, Jose's passion for cooking has only grown, leading him to his current role as the beloved chef at the Redmond Senior Center.

Jose has been a part of the Redmond Senior Center for over three years. His previous experience as a chef in a retirement community in Portland made him realize how impactful his work could be. "I really enjoy this kind of setting as I understand that people who benefit from our services do not really have too many options, and I like to be part of them getting something to smile about every day," he shares.

A typical day for Jose in the senior center kitchen is a flurry of activity. The kitchen is always bustling, from meal preparation and packaging for delivery to handling inventory and cleaning. "A lot goes on behind the scenes," he says, emphasizing the dedication and hard work that ensures every meal is perfect.

The seniors at the center particularly enjoy dishes like Meatloaf, Moroccan Chicken, and Picadillo. Jose is



fond of Picadillo, a dish that connects him to his Cuban roots. Although he has adjusted the traditional recipe, the core flavors remain intact.

Jose values the feedback from the center's members and often incorporates their suggestions into the menu. "We are always looking for new ideas and new products that we can insert in our menu," he explains. This openness to feedback ensures that the meals are not only nutritious but also enjoyable and varied.

One of Jose's favorite aspects of working at the Redmond Senior Center is the community spirit. He cherishes

the moments when everyone comes together to plan and execute special events like the Snowball, Christmas parties, and themed dinners. "The center has never been more alive, and I really love and appreciate what all the staff do for the senior community in Redmond," he says.

Ensuring that the meals meet the dietary needs and preferences of the senior community is a top priority for Jose. By closely following the Council on Aging guidelines and having their menus reviewed by a dietician, the team ensures that every meal is balanced and healthy. They also use specialized utensils to measure portions accurately.

Many of the previous challenges have been alleviated with the recent addition of a new kitchen. However, Jose remains committed to continuously improving the dining experience. "We try our best to offer at least



occasionally some special requests. Some of our recipes have come from clients who share their family recipes with us,” he notes.

The Redmond Senior Center stands out by offering meals five days a week, along with a salad bar and dessert every day. “We really put love into what we do every day,” Jose says. This dedication to quality and variety makes dining at the center a unique and enjoyable experience.

Outside of work, Jose’s passion for food continues. He enjoys trying new restaurants and experimenting with recipes at home. His daughter often sends him YouTube food videos, which he finds inspiring and informative.

Jose offers heartfelt advice for those considering a career as a chef, especially in a community-focused

setting like a senior center. “It’s really rewarding to be able to help your community through your work. It gives you an opportunity to be creative, adventurous, and to learn and try new foods.”

Jose is grateful for the opportunity to serve the Redmond community. He encourages everyone to continue providing feedback and hopes to maintain a long-lasting relationship through his culinary contributions. “Thank you for the opportunity to let me serve you,” he concludes.

Chef Jose Perez’s journey from Cuba to the Redmond Senior Center is a testament to the power of passion, community, and the joy of sharing good food. His story is not just about cooking but about creating moments of happiness and connection through every meal. •

ADVERTISEMENT

## SHOW SUPPORT OF YOUR REDMOND SENIOR CENTER

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Limited Edition Bucket Hat - White

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Limited Edition Unisex Cut & Sew T-Shirt

\$32.04



Limited Edition Wall Clock

\$50.68



Limited Edition Chill Wine Tumbler

\$22.92



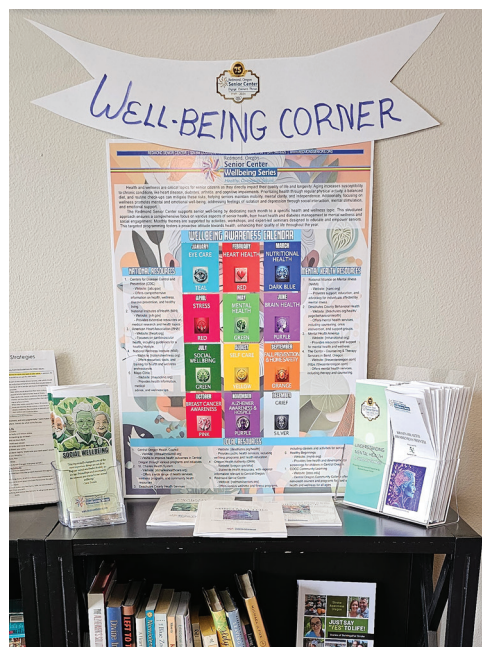
Limited Edition Whiskey Glass

\$18.34

[www.RedmondSeniors.org/store](http://www.RedmondSeniors.org/store)

Support the Redmond Senior Center by purchasing our exclusive merchandise! Every penny of profit goes directly to fund our programs and services. With new products constantly being added, there’s always something fresh to discover. Show your support and get your swag today!

# Help Us Build the Wellness Corner in Our Library



Dear Friends of the Redmond Oregon Senior Center,

We are excited to announce the creation of a Wellness Corner in our library, dedicated to books on wellness, self-care, and holistic health. We need your help to bring this vision to life.

We are seeking donations of gently used wellness and self-care books. Topics can include meditation, healthy living, nutrition, fitness, mental health, and more. Your contributions will significantly benefit our community.

Here's how you can help:

- **Gather your books:** Look through your collection for books that promote well-being.
- **Drop them off:** Bring your donations to the Redmond Senior Center at 325 NW Dogwood Ave. in Redmond.

Every book you donate will enhance our library and support the health and wellness of our members. Thank you for your generosity and commitment to our community.

With heartfelt gratitude,

The Redmond Oregon Senior Center Team



## FOLLOW US ON SOCIAL MEDIA



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@RedmondORSeniors



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@RedmondORSeniors



X (FORMALLY TWITTER)  
@RedmondORSeniors



[www.RedmondSeniors.org](http://www.RedmondSeniors.org)



## THANK YOU SPONSORS AND PARTNERS



Partners In Care





# EVENTS & ACTIVITIES



**Bingo**

Join us for a night of fun and games at  
**Elements Public House**

**WEDNESDAY'S**  
6 - 8 PM | 1857 NW 6th St., Redmond, OR

Supporting Redmond Senior Center's Passion For Pets Program



**WELCOME TO Fabulous BINGO**

**at the REDMOND SENIOR CENTER**

**THURSDAY'S**  
**1 to 2 PM**



*Crochet Club*

**WEDNESDAY'S**  
**1 to 2 PM**



**CARD MAKING CLASS**

**Card/Stamping class with Mary**  
Every 3rd Tuesday @ 10 AM  
\$8 (members only)  
Please sign up at the front desk.



*It's showtime!*

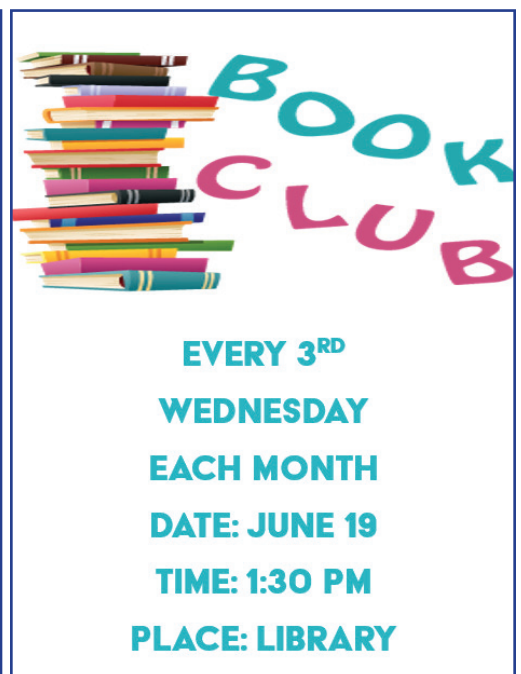
**9 & 23 AUG**

**MOVIE MATINEE**

BEER, WINE, SODA  
DONATIONS ENCOURAGED

**AUG 9 "seven DAYS IN UTOPIA"**

**AUG 23 "DRIVING MISS DAISY"**



**BOOK CLUB**

**EVERY 3<sup>RD</sup> WEDNESDAY EACH MONTH**  
**DATE: JUNE 19**  
**TIME: 1:30 PM**  
**PLACE: LIBRARY**

## Redmond Activities:

**Deschutes County Fair**  
July 31 - Aug. 4  
Deschutes County Fairgrounds

**Redmond Farmer's Market**  
Every Friday thru Sept. 27  
3:00-7:00 PM  
Centennial Park  
Redmond

**FMCA's 109th International Convention & RV Expo**  
Aug. 14-17  
Deschutes County Fairgrounds  
Redmond

**BINGO for Veterans**  
Aug. 14 & 28  
6:30 - 8:30 PM  
Otto's Landing



**Feet Retreat**  
LLC

**DAWN UNZE, RN**  
Foot Care Coordinator  
**(541) 788-4785**  
[oregon.feetretreat@gmail.com](mailto:oregon.feetretreat@gmail.com)

# SENIOR CENTER ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>AUGUST</div>			<b>1</b> 10:00a Line Dancing 10:15a Cards With Friends 11:45a Lunch 01:00p BINGO!	<b>2</b> 10:15a Cards With Friends 11:00a Hula with Mailey 11:45a Lunch 12:30p Walk to Coffee 01:00p Happy Hour!
			<b>8</b> 10:00a Line Dancing 10:15a Cards With Friends 11:00a Nails by Angela 11:45a Lunch 01:00p BINGO!	<b>9</b> 09:00a Feet Retreat 10:15a Cards With Friends 11:00a Hula with Mailey 11:45a Lunch 12:30p Walk to Coffee 01:00p Movie Matinee
<b>5</b> 09:30a Walk with Ease 10:30a Ping Pong 11:00 Bridge 11:45a Lunch 01:00p Jewelry Crafts 01:00p Pickleball	<b>6</b> 09:30a Walk with Ease 11:00a Nails by Angela 11:45a Lunch 01:00p Line Dancing 01:00p Pickleball	<b>7</b> 09:30a Walk with Ease 11:45a Lunch 01:00p Crochet Club 01:00p Poker with Friends 01:00p Arts and Crafts	<b>15</b> 10:00a Line Dancing 10:15a Cards With Friends 11:00a Nails by Angela 11:45a Lunch 01:00p BINGO!	<b>16</b> 10:15a Cards With Friends 11:00a Hula with Mailey 11:45a Lunch 12:00p Celebrate Birthdays! 12:30p Walk to Coffee 12:45p Lindy Gravelle 01:00p Happy Hour!
<b>12</b> 09:30a Walk with Ease 10:30a Ping Pong 11:00 Bridge 11:45a Lunch 12:30p Heart Warmers 01:00p Jewelry Crafts	<b>13</b> 11:00a Nails by Angela 11:45a Lunch 01:00p Line Dancing 01:00p Pickleball	<b>14</b> 09:30a Walk with Ease 09:30a Medicare 101 10:00a Spinners Guild 11:45a Lunch 01:00p Crochet Club 01:00p Poker with Friends	<b>22</b> 10:00a Line Dancing 10:15a Cards With Friends 11:00a Nails by Angela 11:45a Lunch 01:00p BINGO!	<b>23</b> 10:15a Cards With Friends 11:00a Hula with Mailey 11:45a Lunch 12:30p Walk to Coffee 01:00p Movie Matinee
<b>19</b> 09:30a Walk with Ease 10:30a Ping Pong 11:00 Bridge 11:45a Lunch 01:00p Jewelry Crafts	<b>20</b> 10:00 Card/Stamping Class 11:00a Nails by Angela 11:45a Lunch 01:00p Line Dancing 01:00p Pickleball	<b>21</b> 09:00a Feet Retreat 09:30a Walk with Ease 11:45a Lunch 11:45a Veterans Appreciation 11:45a Lunch 01:00p Crochet Club 01:00p Finances for Seniors 01:00p Poker with Friends 01:30p Book Club	<b>29</b> 10:00a Line Dancing 10:15a Cards With Friends 11:00a Nails by Angela 11:45a Lunch 01:00p BINGO!	<b>30</b> 10:15a Cards With Friends 11:00a Hula with Mailey 11:45a Lunch 12:30p Walk to Coffee
<b>26</b> 10:30a Ping Pong 11:00 Bridge 11:45a Lunch 12:30p Heart Warmers 01:00p Jewelry Crafts	<b>27</b> 11:00a Nails by Angela 11:45a Lunch 01:00p Line Dancing 01:00p Pickleball	<b>28</b> 11:45a Lunch 01:00p Arts and Crafts 01:00p Crochet Club 01:00p Poker with Friends 01:00p The Power of Nutrition	<i>Activities are subject to change without notice.</i>	

## PARKS & REC WEEKLY SCHEDULE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:45-8:45	Fitness 4 Life	Zumba	Fitness 4 Life	Fitness 4 Life	Zumba
9:15-10:20	PowerCut Plus	Balance & Core	PowerCut Plus	Yoga Strong	Cardio Kickboxing
10:35-11:35		Zumba Gold			SilverSneakers Classic
5:30-6:30		Power Combo	Dance Fitness	Power Combo	

### HAPPY HOUR

Aug. 2 Big Trouble (Local band)  
 Aug. 16 Lindy Gravelle

### MOVIE MATINEE

Aug. 9 "Seven Days in Utopia"  
 Aug. 23 "Driving Miss Daisy"

**Fun starts at 1PM | Beer, wine, and soda provided | Donations encouraged.**



# PROGRAMS & SERVICES

## Join Our Volunteer Team at Redmond Senior Center

### A Warm Welcome from Redmond Senior Center

At the Redmond Senior Center, we are always excited to welcome new volunteers who are eager to contribute their time and skills to enrich the lives of our community's seniors. If you're considering joining our vibrant team, here's everything you need to know about the process and what you can expect.

### Step-by-Step Guide to Becoming a Volunteer

#### 1. Volunteer Application and Background Check

The first step to joining our team is to complete a volunteer application. This process is vital as it helps us understand more about you and your interests. Along with the application, you will need to consent to a background check to ensure the safety and security of our community. You can find the application form and background consent form attached to this newsletter or directly at the center.

#### 2. Submission of Documents

Once your forms are complete, please return them to us at the center. In addition, we require color copies of the front and back of your driver's license. We will handle the submission of your forms, and you should receive an email from either Orchards or Emily Wells within a day or two. This email will ask you to confirm your consent

for the background check, which is typically completed within 30 days.

### Visit Us and Explore

If you haven't already, we encourage you to visit the Redmond Senior Center. It's a great opportunity to look around, meet potential new friends, and get a firsthand feel of the environment and activities you will be a part of. We host a variety of activities and provide a hot lunch from Monday to Friday between 11:45 AM and 12:45 PM.

### Questions? Get in Touch!

Should you have any questions or need further assistance, feel free to call or visit us. I am available at the center from Monday to Friday between 8 AM and 1 PM. However, any of our office staff can assist you, answer your questions, and accept your forms.

### Looking Forward to Meeting You

We are thrilled about the possibility of having you join us and look forward to meeting you soon. Volunteering at the Redmond Senior Center is not just about helping others—it's also about making new connections, learning, and growing in a supportive community.

Join us and make a difference in the lives of many while enriching your own. •

# HAPPY BIRTHDAY VOLUNTEERS!

Fischer, William  
Granger, Colleen  
Hays, Sue  
Hays, William  
Parnell, Sandy

Salomone, Vince  
Schapiro, Ann  
Schulz, Ken  
Umlauf, Laurie  
Werhane, Laurel



# AUGUST IS SELF-CARE AWARENESS MONTH

## Celebrate Self-Care Awareness Month at Redmond Senior Center!

**AUGUST 14**

**1 PM**

Self Care Talk with Life Coach  
**SHARRON LANIER**

**AUGUST 21**

**1 PM**

Protect Your Finances with  
Financial Manager  
**MIKE POWELL**

**AUGUST 28**

**1 PM**

The Power of Nutrition with  
Registered Dietitian  
**RHONDA GOSTANIAN**

**INCREASE  
YOUR  
PRESENCE  
WITH**



**RSC**  
**Marketing Hub**  
*Dynamic. Creative. Effective.*

RSC Marketing Hub is your comprehensive solution for all marketing needs, offering a range of services from graphic design and email campaigns to website management and media production. Our expertise ensures your message reaches the right audience, making a powerful impact every time.



### Graphic Design

- **Flier Design:** Professionally crafted fliers to promote your events or services.
- **Poster Design:** Eye-catching posters designed to captivate your audience.
- **Infographic Design:** Engaging infographics to convey complex information clearly.



### Email Marketing

- **Campaign Management:** Targeted email campaigns to effectively reach and engage your audience.



### Website Services

- **Event Page Creation:** Customized event pages to showcase your events online.
- **Ad Placement:** Strategic ad placement to drive traffic and increase visibility.



### Press Releases

- **Writing:** Expertly written press releases to communicate your news and announcements.
- **Distribution:** Efficient distribution to ensure your press releases reach the right media outlets.



### Photography Services

- **Hourly Rate:** Professional photography services to capture high-quality images for your needs (billed in 15-minute increments).



### Video Production

- **Short Video (30 seconds):** Compelling short videos to promote your message or product.



### Marketing Consultation

- **Hourly Rate:** Personalized marketing consultation to develop and refine your marketing strategies.

**Contact us today to get  
started!**

**Your success is our priority.**

**Contact:**

**James Morris**

(541)548-6325

[James@RedmondSeniors.org](mailto:James@RedmondSeniors.org)



# MEMBERSHIP & SUPPORT

## Membership Registration

\$50 per year

☐ New ☐ Renewal



Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_ M.I.: \_\_\_\_\_

Nickname: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

☐ Male ☐ Female ☐ Other/Prefer not to answer

Address Line 1: \_\_\_\_\_

Address Line 2: \_\_\_\_\_

P.O. Box: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Ethnic Status: \_\_\_\_\_ Disabilities: \_\_\_\_\_

Allergies: \_\_\_\_\_ Language: \_\_\_\_\_

☐ Head of Household ☐ Mailing List ☐ Live Alone ☐ Live in Rural Area

Emergency Contact Name: \_\_\_\_\_

Relation: \_\_\_\_\_

Phone: \_\_\_\_\_

### RELEASE:

I understand and agree that the information contained on this form may be released for statistical purposes and I agree to the release of information for that limited purpose only. I understand that any release of information in identifiable form must be accompanied by a signed consent form and that the information will not be used as an eligibility determination or effect participation as a recipient unless law has specifically restricted program participation.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Office Use Only

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Paid by: ☐ Cash ☐ Check # \_\_\_\_\_ ☐ Credit Card  
Other: ☐ Scholarship ☐ Volunteer ☐ Volunteer Driver ☐ Staff

## Complete this form and bring it in!



Redmond Senior Center  
325 NW Dogwood Ave.  
Redmond, Oregon 97756

**Redmond, Oregon Senior Center**  
Engage. Connect. Thrive.  
1949 - 2024

**the NOTABLES SWING BAND**

**OUTLAW COUNTRY**

**SAT. SEPT. 14** **2-DAY CELEBRATION!** **SUN. SEPT. 15**

LOCATION:	LOCATION:
Redmond, Oregon <b>Senior Center</b> Engage. Connect. Thrive. 325 NW DOGWOOD AVE. REDMOND, OREGON	<b>BLACKSMITH</b> PUBLIC HOUSE 308 SW EVERGREEN AVE. REDMOND, OREGON

**LIVE MUSIC | RAFFLE | AUCTION | FOOD & FUN**

TIME:	TIME:
11-2 PM	2-6 PM

**FREE EVENT!**  
OPEN TO PUBLIC!

**TICKETS:**  
(Tickets go on sale August 1)  
[www.RedmondSeniors.org/ticket-information](http://www.RedmondSeniors.org/ticket-information)

GENERAL ADMISS.	VIP
\$25	\$100
• ENTRY	• ENTRY
	• AFTER PARTY
	• GIFT BASKET

The Redmond Senior Center has been a vital space for seniors to gather, learn, and engage in activities promoting well-being. This anniversary is a time to reflect on past achievements and ensure program success and growth.

For more information:  
[www.RedmondSeniors.org/75](http://www.RedmondSeniors.org/75)

Thank you to our sponsors!

**First Interstate Bank**

**OnPoint**  
COMMUNITY CREDIT UNION

## Valuable Resources for Seniors

- Alzheimer's Association - [www.alz.org](http://www.alz.org)
- Advanced Mobility - [www.advancedmobilityofbend.com](http://www.advancedmobilityofbend.com)
- Chamber of Commerce:
  - Redmond - [www.visitredmondoregon.com](http://www.visitredmondoregon.com)
  - Bend - [www.bendchamber.org](http://www.bendchamber.org)
- Central Oregon Council on Aging - [www.councilonaging.org](http://www.councilonaging.org)
- Deschutes County Resource List -
  - [www.deschutes.org/health/page/community-resource-list](http://www.deschutes.org/health/page/community-resource-list)
- Hospice of Redmond - [www.hospiceofredmond.org](http://www.hospiceofredmond.org)
- In-Home Health Care Resources from Council on Aging - [www.help4seniors.org/programs-services/home-community-care-options](http://www.help4seniors.org/programs-services/home-community-care-options)
- Oregon Association of Area Agencies on Aging & Disabilities (O4AD) - [www.o4ad.org](http://www.o4ad.org)
- Redmond Economic Development Inc (REDI) - [www.rediinfo.com/quality-life](http://www.rediinfo.com/quality-life)

(541)548-6325

[www.RedmondSeniors.org](http://www.RedmondSeniors.org)